



# Bethel Seniors *on the GO!*



Clifford J. Hurgin Municipal Center, 1 School Street, Bethel, CT. 06801.

Website: Bethel-ct.gov; Hours: Mon. - Wed. 8:30 - 4:00; Thurs. 8:30 - 5:30; Fri. 8:30 - 11:30 am.

50 years and older! Be Alert. Be Challenged. Be Creative. Be Energized. Be Fit. Be Better.....at Bethel!

*Active Adults Enjoying Life!*

(203) 792-3048

MARCH / APRIL 2023

## Our Mission

Since 1977 our community's mature citizen, 50 years and older, can find a multipurpose facility at the Bethel Senior Center. It is our mission to provide opportunities for friendship, physical, intellectual, cultural, and social activities; to motivate individual and group participation; to encourage positive attitudes and preserve individual dignity and respect for all older adults.

## Contact Information

**Senior Center Director** ..... Lisa Plumb  
**Assistant Director** ..... Rosemary Cywin  
**Senior Aide** ..... Ginny Bonacci  
**Senior Aide** ..... Patrick Morton  
**Van Driver** ..... Andy Matturro & Fred Johrs  
**Municipal Agent** ..... Lisa Plumb  
**Office Phone & Van Appointments** .....  
 (203) 792-3048; (203) 794-8593  
**Email** ..... Plumb1@bethel-ct.gov

## Important Numbers and Meetings:

Sweetheart Bus Reservations ..... 203-748-2511  
 Meals on Wheels ..... 203-628-7540  
 Commission on Aging Meeting .....  
 (2nd Monday of the Month; 2:30 p.m.)

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**Bethel  
Senior Center  
is closed:**

**April 7  
Good Friday**

## Van Appointments



Our Van is ready for you to make appointments! Appointments, including medical appointments, and shopping are available to go to most surrounding towns from Bethel. Please call the office to make an appointment. The van is free. \$2./suggested donation.  
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## Old Fashion Square Dance

Bring a partner or dance as a single!  
 No partners required!  
 Just a bunch of friends having a  
 good ol' time... together!

They'll be a caller, instruction and good old fashion live music to make you swing your partner and 'dosey doe' like the pros. Mostly, we're out for a good time. So, if you're interested in a good time, a few refreshments, and an afternoon with friends, please join us on



**Thursday,  
April 20  
4:30 p.m.**

**Advance registration is required.  
Please come to the Senior Center to sign up. \$5. /  
per person.**

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## Tai Chi Quan for Better Balance

This class is an evidence based exercise class to improve balance for senior citizens. The Bethel Senior Center has secured another grant for this class. The 6-month class **will be offered for free on Tuesdays and Thursdays from 2:30 p.m. - 3:30 p.m.**

Anyone interested should contact the Senior Center . There is limited space and participants will be accepted on a first-come, first-serve basis. The class will be taught by Linda Fiske.

**Currently there are 5 spots left.  
The first class is scheduled for**

**Tues., March 21**



## **NEW CRAFT PROGRAMS!!**

*Please sign up in advance for all craft programs so supplies can be ordered. Payment is required at the time of registration. Seating is limited.*

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### **Easter or Spring Greeting Card Workshop**

***Have you noticed the price of cards lately?***

We have a great solution! Come and make your own! Kits will be available as well as instruction to make your own greeting cards. You will also have the opportunity to be creative and make your own cards from scratch.

All supplies will be provided and key instruction to complete your project. You can plan on making 5 cards during the session. All this for only \$4.00/class.

**Thursday, March 16**

**9:30 am - 11:30 am in the Art Room**



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**Paint in a Day** Painting is a wonderful creative outlet to express yourself on canvas and/or simply have fun creating something new. All supplies will be provided for this workshop. This is a relaxed class without instruction where you can create your own painting in a session. Tuesday from 9:00 a.m. - 11:30 a.m.

in the Art Room.

**The first class will be 3/21. \$5.**



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### **Spring/Easter Craft Workshop**

Join us for a brand new class, Bisque Painting.

Choose an Easter or Spring themed item (at the Senior Center) and paint it in one session.

You do the painting and we will do the firing for you!

**March 30, Thursday, at 9:00 a.m.**

**\$10.00 per person.**

*Please register in advance.*



## **Make a Wreath**

*Celebrate the first week of Spring by making a wreath.*

**Thursday, 3/23; 9 -11:30 am.**



All supplies are provided for this beautiful door wreath or wall decoration.

Instruction will be provided as well.

Please make your reservation in advance to ensure we have your supplies ready.

Limited seating

**\$10.00/per member**

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## **Jewelry Making**

Make four sets of earrings with an instructor that will guide you through the easy process. This is a fun, relaxed program where you can socialize with friends while making a custom piece of jewelry to keep or give as a beautiful handmade gift. These items are very easy to make and all instructions will be given to each participant.

**\$3./per member.** Please register in advance to confirm your spot. Limited seating.

**Wednesday, April 19, 10:00 a.m.**



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## **Lemon Hand & Body Scrub**

. This simple lemon sugar scrub has the wonderful aroma of lemonade and makes for an aromatic handmade gift!

Use this homemade body scrub to exfoliate your skin.

This project is easy to do and all of the supplies will be provided.

Please register in advance.

Seating is limited.



**Thursday**

**April 27**

**9:30 a.m.**

**\$5./member**



# BETHEL SENIOR CENTER

## 2023 Programs

### All persons must be Bethel Senior Center members to participate.

**AARP Safe Driving Course** 6/12; 9 am - 1 pm. Please make a reservation in advance. (\$20./\$25.)

**Adult Meditative Coloring**, Mon., 10 am - 11:30 am. Please bring all of your own supplies. Free.

**Art Class**- Mondays 1 - 3 pm. Work on any painting or drawing using the medium of your choice. Please bring your own supplies. An instructor leads the class.\$4. /per person.

**Balance Class** - New and improved with Matt. Strengthen your body, improve your balance and prevent falls. Tues., 1 pm, \$4.

**Bible Study**- a bible book or verse is discussed each week. Free on Wed. at 10 am.

**Bingo** - Open to all. \$3.00 (in dimes) Wed., 1 pm.

**Board Games** -Thursday mornings beginning at 9 am..

**Book Club** - The last Thursday of the month at 1:00 pm. Please call the office for the book title.

**Bridge**- Wed. at 1:00 pm.; 50 cents to play. Must call in advance to reserve your spot. Not a teaching class. All participants must know how to play.

**Canasta** A card game played Tues., 1 pm., Free. Come, give it a try! Beginners welcome!

**Cardio Dance with Matt**- NEW! A cardio exercise class with originally choreographed dance moves to improve your flexibility, balance, and endurance. Give it a try! Great music... great class! Friday at 9 am. \$4/class.

**Chair Yoga**-Chair Yoga is great for those having difficulty getting down on the floor. Sit in a chair and exercise or stand and hold on to a chair. Chair Yoga is a key way to strengthen your body in a controlled, safe manner. Mon. / Fri. at 10:30 am. \$4./class.

**Chess** - Please call the office if interested and we will introduce you to another member that is interested in playing.

**Chorus**- Wed. at 10 am. Free. (Sept. - June)

**Circuit Training** - Join Eileen in this strength building activity. The class combines stretching, flexibility & strength exercises with both free weights and weight machines. \$4./class.

**Coffee** - Available every day, all day.

**Coffee Social** - Wednesdays at 9:00 a.m.

**Crafts** - A variety of classes are offered throughout the year. Please consult the newsletter for details.

**Crochet & Knit** - Thursdays at 9:30 am. Not a class. All participants should know how to knit and / or crochet. You may work on your own personal items or items to be sold at our Holiday Shoppe in the Fall.

**Diamond Art class** - a new group at the BSC. Bring your own kit with you ( available at local craft stores or from Amazon) . An instructor is present. Thursday at 1:00 p.m.

**Greeting Card Workshop** - A seasonal program to make greeting cards. Instruction is given and kits are available. Details are in the newsletter.

**Jewelry class** - A seasonal class where the participants learn how to make jewelry from an experienced jewelry designer. The fee depends on items offered.

**Mah Jongg** - Mondays at 1 pm. Beginners welcome! Free

**Memoirs Writing** - This workshop will help participants retrieve their treasured memories as they write about their lives, recording them for future reference or family.

**Men's Club** - Mondays at 10:00 a.m. Free.

**Movie Matinee on Thursday** - Best deal in town... movies and popcorn/candy available for sale. A relaxing way to spend an afternoon. Thursday, 4 p.m.

**Paint in a Day** - A seasonal program run as a one day workshop to complete a painting in one session. Free form painting with no instruction. Supplies will be provided. An opportunity to have your creativity explored.

**Quilting**- Thurs. at 1 pm. Members meet to work on a seasonal quilt as well as a Quilt of Valor for our Veterans. Free.

**Set Back**- Tues. afternoon at 1 pm; experienced player or beginner, we would love for you to join! Come, give it a try! Free.

**Sewing - Dresses for Missions** - Make sweet dresses with our fabric and supplies. Free. No experience necessary! All dresses donated to charity. People are needed to cut fabric & iron also. Wednesdays 9:30 am .

**Sewing - Wheelchair Bags for Charity** - Make bags to sell for our Holiday Shop and to be donated to a local nursing home. All supplies & the pattern are provided. Wed., 1:30 p.m.

**Spring / Easter Craft Workshop** - A bisque painting workshop where the participant will paint a bisque item in one session and the staff will fire it for you. More details are in the newsletter.

**Tai Chi Balance** - Tai Chi, is a mind-body practice in alternative medicine. Many people practice tai-chi to improve their health and well-being. Improving balance is one of the focus areas of this class. Th., 1:00 p.m. \$4/class.

**Tai Chi Quan for Better Balance** - a grant program to improve balance and flexibility. This 5-month program is held on Tuesdays and Thursdays from 2:30 p.m. - 3:30 p.m.

**Total Wellness** - Eileen introduces exercises including strength training, and stretching. Thurs. 9 – 10 am. \$4./class.

**Trivia with Pat** - A monthly game to test your memory. Please check the newsletter for a date.

**Wii Bowling** - Never played Wii games before? It's ok. It is very easy to learn. Give it a try on Tuesday, 9 am – 11 am. \$2./per person.

**Yoga** - Monday at 1 pm & Thursday at 10:15 am. \$4/class.

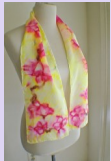
**Walking Club** - A newly formed group of members that would like to begin walking or walk with a small group outdoors. The group meets at a local park.

**Walk Fit - Walking the Indoor Track** - Beginning March 13, BSC members may and walk on Mondays at 9:00 a.m. at the indoor track. All participants must wear sneakers and may bring a water bottle but no other beverages or food is allowed in the track & field house. Please call the Senior Center in advance to register.

**Zumba**- High energy, fast moving exercise. Mon./ Wed., at 9-9:45 am \$4./class.

**New! Special Event****Craft: Spring Silk Scarves**

Danielle Ramos, from Bethel Health Care, has offered to teach a class on making a handmade silk scarf to our members. The class is limited. The supply fee is \$5.00 per person which needs to be paid at the time of registration. Seating is limited for this program so please sign up in advance to secure your seat.

**Thursday, 3/23****2:00 p.m.****\$ 5.00**

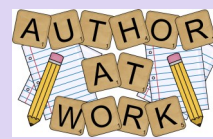
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**Men's Club - Mondays at 10:00 a.m.**

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**Walking Club**

A free program designed for those who would like to begin walking outdoors again for exercise, to lose weight or simply for better health. We will be walking in a group at a local park and meet at the destination. If there's anyone that wishes to join but needs transportation they should call the Senior Center to book the Senior Center van.  
**Wednesdays at 9:00 a.m. beginning April 5.**  
Please call the office to register.

**Memoirs Workshop**

This workshop will help participants retrieve their treasured memories as they write about their lives, recording them for future reference or family.

During each session, participants will be encouraged to write, while guided by a skilled memoir writer. Participants will be provided with writing prompts that will help to spark memories. Over the course of the session, participants will form a community of writers, sharing their stories with the other writers in the class. Free.

**Every Tues. -1:30 p.m.**

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**HACKERS - 1 day workshop**

Learn about some of the popular ideas to do things more efficiently or clean... and more... that are all the rage on the internet.  
Tuesday, April 18, 2:00 p.m.

**Walk Fit - Walk the Indoor Track**

We are starting a new program to walk at the new indoor track & field house in Bethel! (This is the facility where the COVID-19 vaccines were given). The program will be held on Mondays. The program will start on Monday, 3/13. All participants must be members of the Bethel Senior Center and register in advance. All participants must be on time to walk as the entry door will automatically lock at a certain time. **9:00 a.m.**

**REGULAR WEEKLY SCHEDULE**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9 Zumba/ Walk Fit	10 Wii Bowling	9 Zumba / Walking	9 Total Fitness/	9 Cardio Dance with Matt
10 Adult Coloring	1 Set Back	9 Coffee Hour	10 Knit/Crochet	10 Computer / Smart phone
10 Men's Club	1 Canasta	9:30 Sewing 4 Charity	10:15 Yoga	assist (reservation req'd)
10:30 Chair Yoga	1 Balance Class	10 Chorus	1 Quilting / Diamond Art	10:30 Chair Yoga
12 Lunch & Learn	1:30 Memoirs class	10 Bible Study	1 Book Club/ Tai Chi Balance	
1 Mah Jongg/ Yoga /Art	2:30 Tai Ji Quan for	1 Bridge	2:30 Tai Ji Quan for Better	
1:30 Write About It	Better Balance	1 Bingo	Balance	
2:30 Circuit Training		1:30 Sew W/C Bags	4 Movie Matinee	
			5 4:30 Meditation & Relax	
				Closes at 12 Noon

**MOVIE MATINEE**

Coffee is available and snacks may be purchased or brought in. Movies are held Thursdays at 4:00 p.m.

**MARCH**

3/16 - Dog Gone

3/23 - Tom Cruise Top Gun

3/30 - Don't Look Up

**APRIL**

6 - Becoming (Michelle Obama)

13-Glass Onion: A Knives Out Mystery

**DIAMOND ART CRAFT**

*Taught by one of our members,  
Pat Fortunato.*

*This class is held on*

**Thursdays**

*Please call the office to sign up  
and for a supply list.*

**MEDITATION & RELAXATION**

We are happy to announce Prahba will be here to do a guided meditation on Thursdays at 4:30 p.m. weekly beginning in March. If you have not experienced Prahba in person, please join us. You will surely find her to be motivating, inspiring, and possibly the most positive person you have met! We all have our challenges in life. Prahba makes us realize we have the ability to handle all that comes our way in a realistic and positive approach.

**Thursdays at 4:30 p.m. \$1./pp.**



*Did you know we have a puzzle loan program?  
Members: Please come in and help yourself.*

**Board Games - Thursdays, 9:00 a.m.**

*Left Right Center, Checkers, Backgammon,  
Scrabble, Pictionary, UNO, Family Fued,  
Pictionary, Scruples, Monopoly*

You pick a game and play with those who come to the program. All games are provided at the Senior Center. Free.

**Chess Club** - If you would like to come in and play chess please call the Senior Center. We will be happy to match you with a partner.

**Trivia with Pat** Test your memory. You may find out your memory is terrific! Or, you may wind up the next Trivia Champion here at the BSC. The next session will be **Thurs., April 6, 10 am.**

**Computer and Smart Phones Lessons** - Do you know how to use your device but would like to learn something new? Come to these new classes and we will teach you! \$4./class. **Friday at 10:00 a.m.** Registration a week in advance is required. Personal 1-1 instruction is available.

**New Class: Write About It!**

is a class whose sole goal is to make your writing better. Students will bring in a few pages of their work to share with their fellow writers. We will offer each other advice and suggestions on how to tweak the writing to make it the best it can be!

**Mondays at 1:30 p.m. \$4.00/class (start 3/13)**

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1 Mah Jongg/ Yoga /Art	2:30 Tai Ji Quan for	1 Bridge	2:30 Tai Ji Quan for Better	
1:30 Write About It	Better Balance	1 Bingo	Balance	
2:30 Circuit Training		1:30 Sew W/C Bags	4 Movie Matinee	
			5 4:30 Meditation & Relax	
				Closes at 12 Noon



## Bethel Senior Center

1 School Street  
Bethel, CT 06801

PRSRT STANDARD  
US POSTAGE PAID  
DANBURY, CT  
PERMIT NO. 3111

RETURN SERVICE REQUESTED

### Lunch & Learn Programs - 12 Noon

*Lunch & Learn Programs provide a free lunch during a presentation to the first 30 members that **sign up**. No additional lunch is served. Members are asked to stay for the entire presentation as a courtesy to our presenter.*



**Please sign up in the office.**

**MARCH 6** - Comfort Keepers Home Care, Cindy Sevell  
20 -Sharon Cataldo/Lema Wilson - Keystone Place @ Wooster Heights

**APRIL 17** - Danielle Ramos, Bethel Health Care Center  
24—The Linden of Brookfield: Assisted Living and Memory Care

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### **Trips of the Month:**

**March 9 - Mohegan Sun Casino**  
(no incentive package)

**March 14 - St. Patrick's Aqua Turf**

**APRIL 11 - Shake Rattle & Roll @ Aqua Turf**

**MAY 11 - Foxwoods Casino**

**MAY18 - NY Botanical Gardens**

**MAY 22 - Stayin' Alive: Bee Gees  
Tribute @ Aqua Turf**

**MAY 23 - 30 Nashville, Memphis,  
& the Biltmore**



*There currently is a  
Wait List for this trip.*

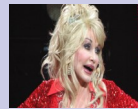
**ALASKA**



The Bethel Senior Center will be traveling to Alaska 8/9 - 19.  
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### **Nashville, Memphis, & the Biltmore**

**May 23—30, 2023**



Roundtrip airfare  
Roundtrip motor-coach  
throughout the tour

**Memphis:** Tour Graceland,  
Sun Studios, Museum of American  
Soul Music, Overton Square & Beal  
St., Memphis City Tour

**Nashville:** City Tour, Johnny Cash Museum, Grand Ole  
Opry, Country Music Hall of Fame, Dinner Show  
“Legends Behind Lyrics”, ‘Life of Dolly Parton’ tour at  
Pigeon Forge; Smokey Mountain National Park  
Guided Tour.

**The Biltmore, Asheville, NC** - 4-star Hilton Biltmore  
Square

13 Meals, 7 Breakfasts, 1 Lunch, 5 Dinners  
Roundtrip Baggage Handling

Gratuities for the  
Tour Director ,  
Driver & Local  
Guides

